

WIRE

A JTF Journal

Losing to win
Shedding pounds and setting an example

Locked and reloaded
The new faces of NEGB and JMG



Trooper Development

**Army Sgt. 1st Class
VeShannah Lovelace**

JTF Guantanamo Public Affairs NCO

When I was a young E-5, there was a non-commissioned officer who taught me a very valuable lesson about getting involved in my own evaluation process. When my first Non Commissioned Officer Evaluation Report was due I was told to write it. As a brand new NCO, I immediately became upset at the thought of my boss wanting me to do what I considered to be his job. Not only that, but I had no idea how to write an NCOER, because the only time I saw one was during a brief lesson while at the Primary Leadership Development Course.

Since I had no idea how to write an NCOER properly, I did not possess a full understanding of how important an NCOER was or what it meant to my career. I simply looked through a help guide and used a lot of irrelevant, generic bullets to create my report card. When I handed it to my NCOIC, he read it and then asked, "is this what you think of yourself?" As I stood there confused, he pulled out the NCOER he had written and proceeded to read it to me. The report he wrote was very thorough in all my accomplishments and contributions to the team over the past year. I had been named NCO of the year for my unit my first year as an NCO and did not even realize that information should have been included in my NCOER.

For the next two years, he continued to make me write my own evaluation reports. This experience taught me an invaluable lesson as a future leader. Personally, it taught me if I don't understand how to write an evaluation report properly, how am I supposed to know when someone has written an ineffective report on my behalf? As a leader it taught me that Soldiers under my charge do not have to experience an evaluation report for the first time when they have finally earned the rank.

As their leader, my Soldiers know that I expect them to perform at the next level – the level they aspire to achieve. Because I expect this level of performance from them, I evaluate them unofficially in the same manner. This benefits Soldiers in two ways. It teaches the junior E-5s who are evaluating the junior E-4s how to write NCOERs so they are not waiting until it's required to write them to learn how. It also teaches the young E-4 how they will be evaluated when they achieve the next level, thus motivating them to perform at that level now.

I believe it is our responsibility as senior NCOs to prepare our Troops for what lies ahead in their careers. We are the ones who have been there and we are aware of what the future holds. We only make our respective services stronger by ensuring we are properly preparing our future leaders to take over the reins once we have moved on. Think of what would have made you a more efficient leader had you received it as a young Troop coming through the ranks and instill that in your young Soldiers, Sailors, Airmen, Marines and Coast Guardsmen. In that way, you too may even become a legacy in some young service member's life. ☆



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COVER:

Army Sgt. 1st Class Danny Carreras, a member of the Puerto Rico Army National Guard, cleans a bus stop outside Tierra Kay housing, Aug. 29. – JTF Guantanamo
photo by Army Staff Sgt. Blair Heusdens

BACK COVER:

Soldiers from the 525th Military Police Battalion get baptized by Army Chaplain Capt. Eric Bey, Aug. 27. – JTF Guantanamo
photo by Army Sgt. Michael Baltz



The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. The WIRE seeks to provide maximum disclosure with minimum delay with regards to security, accuracy, propriety and policy. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by the Document Automation & Production Service with a circulation of 1,000.



Maintaining GTMO's firepower

Coast Guard Petty Officer 3rd Class Joshua Orbinati, a boatswain's mate with Maritime Safety and Security Team 91101, wipes cleaning solution on an M-2 heavy machine gun to prevent rust. – JTF Guantanamo photo by Army Spc. James Cornwell

**Army Spc.
James Cornwell**

JTF Guantanamo Public Affairs

Maritime Safety and Security Team 91101 defends the coastline for Joint Task Force Guantanamo, but their threats are not all man-made. One enemy they deal with on a daily basis is a very old one: the sea itself. All the patrol boats that the MSST sends out to the bay and the Caribbean are armed with several weapons to include an M2 Browning .50-caliber heavy machine gun and M240B 7.62mm light machine guns. All that ballistic steel is extremely vulnerable to corrosion by seawater, according to Coast Guard Petty Officer 1st Class Dustin Dunfee, a gunner's mate.

"If the weapons aren't cleaned immediately at the end of a patrol, they rust so fast they look like Cheetos by the next morning," said Dunfee. Normally, each weapon is coated with a black finish over the steel, but even before that wears away, seawater, with its combination of minerals and water, starts the corrosion process immediately.

Saltwater doesn't just get on the weapons from splashing, either. The air over and near the sea is constantly full of a very fine

mist that covers everything on the boat. Even weapons that have only been near the water are subject to corrosion overnight, according to Dunfee.

Every returning patrol immediately wipes down its weapons with cleaning compound to stop corrosion in its tracks,

James Banks. Other MSST members rotate through on an as-needed basis to help clean the weapons as well.

Dunfee's maintenance shop is also responsible for all the unit's M-9 pistols, M-16 and M-4 rifles and MK-19s, but those aren't nearly as subject to damage from salt water. The focus of most of the armory's efforts is to keep the machine guns from turning orange with rust.

"We go through between \$2,000 and \$3,000 a month in cleaning supplies," said Dunfee, and even more than that in months when they have to purchase specialized tools, like the rod used to measure wear on the insides of the gun barrels and the spacers used to measure headspace and timing for the M2s. Those tools have to be machined to extremely specific tolerances, which explains their high cost," said Dunfee.

The weapons maintenance shop's hard work keeps MSST 91101's weapons clean, ready and reliable. Whether for training or real-world missions, the Coast Guardsmen can be sure that their weapons – both big and small – are up to the task so MSST 91101 can continue its mission of protecting the waters surrounding Naval Station Guantanamo Bay. ★



Coast Guard Petty Officer 3rd Class Michael Osborne, a gunner's mate with MSST 91101, details the barrel of an M240B light machine gun to remove rust. – JTF Guantanamo photo by Army Spc. James Cornwell

even while the boat is still being tied to the dock. In addition, the weapons are rotated through the armory for more thorough cleaning and maintenance by Dunfee and his two assistants, Coast Guard Petty Officer 3rd Class Michael Osborne and Coast Guard Petty Officer 1st Class



Incoming Joint Medical Group commander, Navy Capt. David G. Wright (left), receives the company guidon from outgoing JMG commander, Navy Capt. Bruce C. Meneley, at Phillips Dive Park, Aug. 31. The JMG provides detainees at Joint Task Force Guantanamo the same level of medical care that U.S. service members receive. — JTF Guantanamo photo by Army Pfc. Christopher Vann

Wright to maintain JMG's success

**Army Sgt.
Michael Baltz**

JTF Guantanamo Public Affairs

Navy Capt. David G. Wright relieved Navy Capt. Bruce C. Meneley as the commander of Joint Task Force Guantanamo's Joint Medical Group during a ceremony at Naval Station Guantanamo Bay, Aug. 31.

With his new command, Wright will have a dual role, serving as not only the commander of the JMG, but also as the commanding officer of Naval Station Guantanamo Bay's naval hospital. Wright will have the responsibility of ensuring Troopers, civilians and family members stationed at the naval station receive quality care as well as ensuring the detainees at Joint Task Force Guantanamo receive the same level of professional medical care.

Wright is coming from Rhode Island where he was the executive officer of Naval Health Clinic New England, and he has also served as the Navy Surgeon General's specialty leader for osteopathic medicine since 2004.

After the turnover, he is now prepared to support the JTF mission.

"I was very fortunate to come down for a full two-week turnover," Wright explained. "I thought that was a long time for a turnover, but in retrospect I am grateful."

Wright has been able to explore his dual mission in several aspects over the past two weeks.

"The thing I have been most impressed by is how focused everyone is on their role," Wright said. "Everyone seems to know what they are supposed to do, and seem to do it rather well."

"The number one goal I have for JMG is to continue to focus on the day-to-day safe medical care for our Troopers and for the detainees," Wright added.

Meneley's success in this role was found through what he feels

is his greatest accomplishment while working with the JMG.

"The most important aspect is providing high quality care for the detainees, which is equivalent to what any joint Trooper would get," Meneley explained. "My greatest accomplishment was the fact that we have provided high quality care for the detainees. That has been demonstrated in numerous court cases where that was challenged and the judges found we did provide that high quality of care."

"[Our success was also demonstrated by] international visits from Red Cross, which has validated that the care we provide is high quality," Meneley added.

Wright looks forward to furthering the JTF mission through continued exemplary medical treatment.

JMG providers are on-call to provide care to all detainees regardless of disciplinary status, level of cooperation or legal status. Detainees are treated at a dedicated medical facility with state-of-the-art equipment and an expert medical staff.

In addition to providing routine medical care, the hospital staff has treated detainees for wounds sustained prior to detention and other pre-existing medical conditions often unknown to the detainees before their medical treatment at Guantanamo. Some detainees have been provided enhanced quality of life through treatments and procedures such as receiving prosthetic limbs or having cataracts removed.

Mental health care also is available though the JMG for detainees who request it.

Meneley departs after serving for more than two years at Guantanamo. At his next command, Meneley will be the force medical officer for the Naval Surface Forces in San Diego.

"This is one of the best joint commands I have had the honor to work with. I will miss a lot of people," Meneley said. "I wish the JMG and JTF the best of luck."

Under the command of Wright, the JMG will continue to maintain safe, humane, legal and transparent care of detainees. ★

Guard force changes hands

■ *Cmdr. Hess relieves
Cmdr. Fulgham at NEGB*

**Army Staff Sgt.
Blair Heusdens**

JTF Guantanamo Public Affairs

Navy Cmdr. Richard Hess assumed command of the Navy Expeditionary Guard Battalion from Navy Cmdr. Michael Fulgham during a ceremony Sept. 1 at Naval Station Guantanamo Bay. The Navy Expeditionary Guard Battalion mans, trains and equips a guard force to support the Joint Detention Group at Joint Task Force Guantanamo.

Fulgham assumed command of the battalion in September 2008 after serving 19 years in the Navy. His next assignment will be with the operations department aboard Carrier Strike Group 1 in San Diego, Calif. Fulgham has also been selected for promotion to captain.

“Command is one of the most enjoyable and most challenging aspects of a naval career,” Fulgham said during the ceremony. “It’s never for the pay, it’s always the people you work for and watching them grow and learn the job without you looking over their shoulder.”

During his command, Fulgham led the battalion through four company rotations of nearly 600 personnel and a nearly 90 percent retention rate. According to Navy Rear Adm. Carol Pottenger, the commander of Navy Expeditionary Combat Command, Fulgham worked to improve relationships at all levels within the chain of command to obtain better gear and quality of life for the Troopers. Against the backdrop of the intense physical and psychological demands, he was instrumental in ensuring access to combat stress services for the Troopers in his command. He also played a pivotal role in infrastructure improvement, project development and upgrades within all the camps – both for detainee comfort and better working conditions for the guard battalion.

Pottenger praised Fulgham for his tireless devotion to duty and intense focus on the mission. She went on to compare Fulgham to words from a book written by retired Vice Adm. Jim Stockdale, “Thoughts of a Philosophical Fighter Pilot.”

“[According to Stockdale,] the true combat leader and warrior is also a teacher, a steward, a jurist and a moralist and a philosopher,” said Pottenger. “I believe [Fulgham] lived these traits as the commander of the guard battalion. He taught his subordinates how critical it is to get this mission right; he was a



Navy Cmdr. Richard Hess, incoming Navy Expeditionary Guard Battalion commander, shakes hands with outgoing commander, Navy Cmdr. Michael Fulgham, during a change of command ceremony, Sept. 1 at Troopers' Chapel. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens

steward for our nation's character, a student and teacher of the law and the Geneva Conventions. As a moralist, he learned and taught unimaginable things about human behavior and as a philosopher, he accepted everything that has happened here with stoic calm.”

Fulgham turns over command as Joint Task Force Guantanamo prepares to close, according to an executive order signed by President Obama earlier this year. In the meantime, the joint task force standard continues to be providing safe, humane, legal and transparent care and custody of the detainees, a mission now entrusted to Hess.

“There really couldn't be a more exciting and challenging time to be taking over here,” said Hess. “Change is inevitable and change is what we're about to face. Our task now is to transition the guard battalion

and this entire organization through the coming change.”

Hess graduated from the National War College in Washington, D.C., in June 2009, with a master's degree in national security strategy. He previously served as a civil affairs officer with the Army's 360th Civil Affairs Brigade in Iraq from April 2007 to July 2008.

His assignments at sea include service aboard USS Brooke (FFG 1), USS John King (DDG 3), USS Vandergrift (FFG 48), USS Scout (MCM 8) and USS Dwight D. Eisenhower (CVN 69).

All of the leadership present at the ceremony took time to praise the work of the battalion's guard force.

“[The Navy leadership] recognizes the extraordinary pressures that you face every

See NEGB/12



Fantasy becomes reality

**Army Spc.
David W. McLean**

JTF Guantanamo Public Affairs

The bone-crunching hits, one-handed catches and last second field goal heroics draw people into watching and participating in football. September is the beginning of football season, and for those not so apt to play, the start of the fantasy football season. Fantasy football is a fun and exciting way to watch football, interact with other fans and possibly win money and a trip to Super Bowl XLIV in Miami without breaking bones or pulling a hamstring.

Fantasy football is a game in which participants are "owners" of teams with players they select from around the NFL pitted against other owners in a "league." Each week, the statistics players generate earn owners points. There are many different leagues to choose from – like ESPN.com, Yahoo, CBS or NFL.com – that offer a chance to play for free.

Another league available for Troopers to enter for free is the Navy Morale, Welfare and Recreation Fantasy Football League. Because Naval Station Guantanamo Bay is a joint environment, all service branches are eligible to participate with one free team and can compete with thousands of other Navy MWR participants. There are prizes and free trips available for those who advance, and knowing how to play is important.

Selecting players is the name of the game. Just like in real football, each fantasy football league has a draft. Depending on the type of league and the rules, the draft will take players out of the available pool based on a draft order. The number of players for a team may vary, but preferences and biases for certain types of position players dominate how individuals choose a team. Knowing a little about players in advance helps to field a competitive squad.

"I like to go with running backs first because most leagues have them scoring more with touchdowns and yardage totals, but make sure you get a little bit of each position," said Air Force Airman Ryan Pinno, a power professional with the 474th Expeditionary Civil Engineering Squadron. "I believe everyone can agree that the best first pick is Adrian Peterson of the Minnesota Vikings, and Tom Brady should have a good comeback year after being injured all last season."

Once players are selected and the draft is underway, looking ahead and planning for problems could save a season.

"You have to be careful when you pick your players," said Army Sgt. Timothy Dawson, a paralegal with the JTF staff judge advocate office. "Some players have bye-weeks (when they don't play) and some players might become injured or get traded. You have to be prepared if something happens."

Being prepared is half of the equation,

with points being the other.

Points are tallied by players performing on the field in their respective positions. Depending on the league, a quarterback can get points for completing passes, overall yardage and scoring touchdowns. A running back could score by running for total yards, touchdowns and breakout runs of more than 10 yards. Every position gains points, and how much is determined by the owner's league.

Football knowledge does not translate into points, as many novice fantasy owners are able to break in with just dumb luck on a bad pick.

"Any year someone can have a breakout year," Pinno said. "Last year, Matt Ryan of the Atlanta Falcons and Joe Flacco of the Baltimore Ravens had great rookie seasons. You won't know that ahead of time."

Regardless of the type of season, fantasy football is a way to pass time, learn about the NFL teams and compete with others.

"While I'm here, it gives me something to do," Pinno said. "It gives me something to check on the Internet, but I really do love football. It is a good way to learn about the league, especially if you have a favorite team and you can check them against the other teams."

To learn more about the Navy MWR Fantasy Football League, check www.mwrfantasysports.com before the Sept. 12 deadline. ★



“Away We Go” to depression

**Army Spc.
David W. McLean**

JTF Guantanamo Public Affairs

“Away We Go” is not a cinematic thriller, real romantic comedy or an escape from reality that would motivate anyone to stay in their seats for 98 minutes. Director Sam Mendes (“American Beauty,” “Jarhead,” and “Road to Perdition”) puts together an indie-flavored film that follows a couple searching across North America for the perfect community in which to settle down and start a family. The entire story really lacks comedic appeal, despite the incredible cast of stars assembled for this failure of a project.

When Verona De Tessant (Maya Rudolph) learns she is pregnant, the question for her and her partner, Burt (John Krasinski) is, “Where do we live after the baby is born?” Burt’s parents (Catherine O’Hara and Jeff Daniels) are heading to Belgium before the birth of their grandchild and really give no indication they even have an interest in the vagabond couple or a child conceived by them.

So Verona and Burt start from Denver and travel from distant (U.S. and Canadian) city to distant city. Mostly what they find is disappointment and bad surprises.

Lily (Allison Janney), a former boss and friend, proves to be a sharp-tongued, demeaning person raising a dysfunctional family with a distant and cynical husband



Rated R

98 minutes

Rating: ★☆☆☆☆

(Jim Gaffigan). A “cousin,” LN, (Maggie Gyllenhaal) gives new meaning to the words New Age with a family bed, separation issues and breastfeeding her own children and random strangers’ kids as well.

One of the most heartbreaking couples they meet are former college friends Tom (Chris Messina) and Munch (Melanie Lynskey) who adopted a rainbow-assortment of children because of fertility issues. You think things are fine as the couples go out for a night on the town, but during a short dance in a club, the pain of the couple agonizing over the loss of a fifth pregnancy just days before comes to light.

There are jokes and laughs along the way, but the trip gets more and more discouraging – for them and us – as the movie drags painfully along. The joke timing could be done with a sundial for the greater length of the movie and dialogue was strained at best. The only redeeming quality of the movie could be that Burt and Verona seem to grow closer to each other, despite an unwillingness of Verona to ever marry Burt.

The mood and pace of the movie had an altogether too-real feel with the plight of the early-30’s couple struggling to get the basics of life. The depressing and awkward production is best left for people who want to kill a happy moment in their life. JSMART may need to add more staff if this film continues to play at Naval Station Guantanamo Bay. ★



Approximately 35 Troopers from the 151st Civil Engineering Squadron of the Utah Air National Guard recently spent two weeks conducting annual training at Naval Station Guantanamo Bay.

The Salt Lake City-based engineers worked on projects around the naval station including making repairs to docks and bleachers, installing sheet rock in buildings on the Leeward side of the island and tracing electrical circuits at the naval hospital.

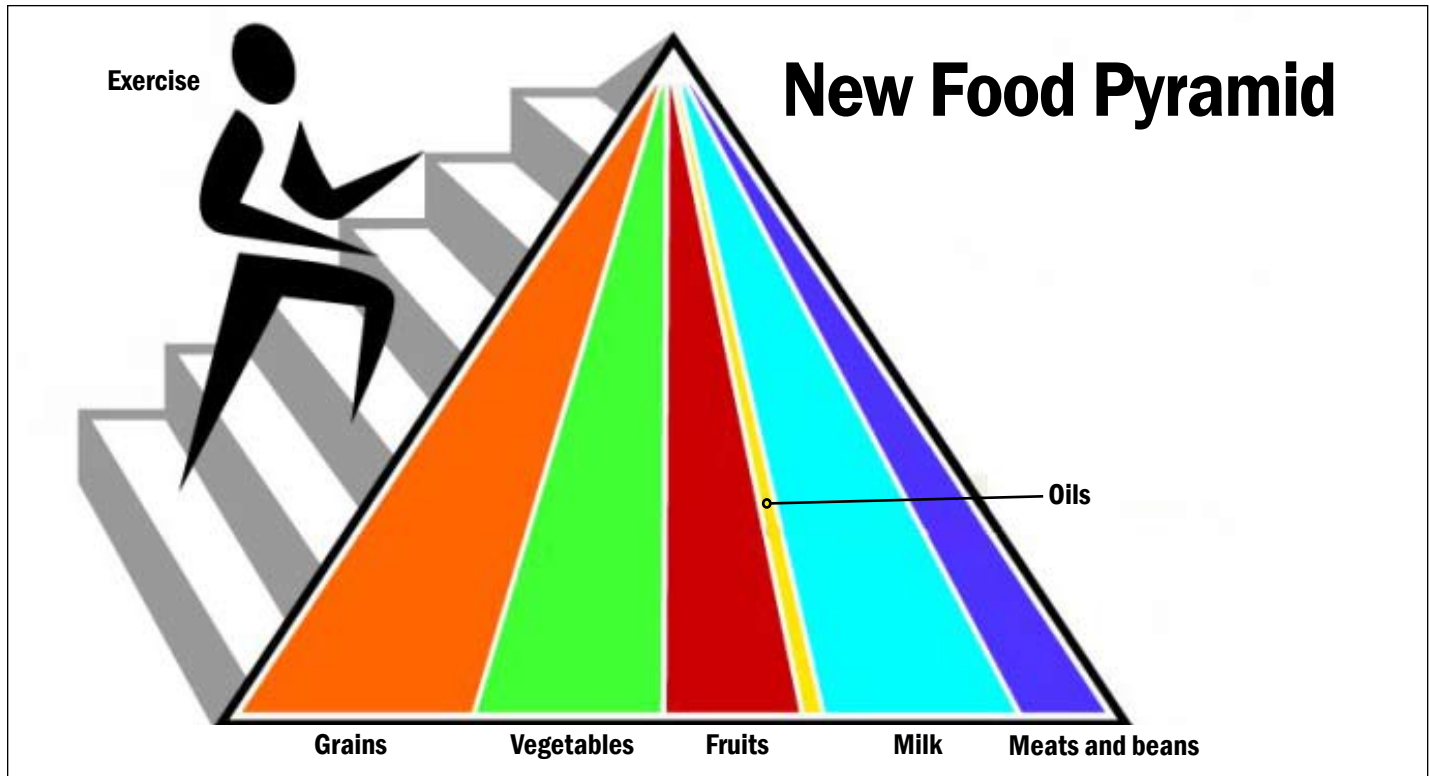
The projects gave the guardsmen an opportunity to work on skills they would not normally have the chance to practice at their home station and provided new airmen the opportunity to hone their skills.

BEEF team leaves its mark on GTMO

JTF Guantanamo photos by
Air Force Staff Sgt. Emily Monson



Don't fall into poor eating habits



Army Sgt. Andrew Hillegass

JTF Guantanamo Public Affairs

It is a decision many of us face several times a day. Do you go for the bowl of fruit or bowl of ice cream? While most of us will make the right choice when it comes to what we eat, some of us, regardless of what we choose, will inevitably find ourselves putting on extra weight.

Being able to identify and curb bad eating habits is the key component for Troopers at Joint Task Force Guantanamo seeking to lose or even maintain their weight. However, with many Troopers working irregular hours or shift work, some are at a higher risk for weight gain than others according to Navy Lt. Nicole Hoffman, a dietician with Naval Station Guantanamo Bay's naval hospital.

"The most challenging people to work with are the guards working the night shift. Not only do those Troopers gain weight simply by working the night shift, they are working long shifts and don't get enough sleep because they also try to fit physical training into their schedules," added Hoffman.

So what do you do if you find yourself on the wrong end of your service's height and weight standards? If you are in the business to lose weight, here are some tips from Hoffman on what you can do to maximize your weight loss:

- Eat a balanced diet that includes a good combination of protein, fats and carbohydrates. Do not overload

in any one area. Remember that if you incorporate healthy fats such as unsaturated fats, they will actually help curb your appetite.

- Allow yourself to snack throughout the day. Try to go for a fruit high in carbohydrates; this will give you the energy to keep going until your next meal.
- To help avoid overeating at meals, have a light snack if you feel yourself getting too hungry. This will help you make more sensible choices when you sit down to eat.
- Do not skip meals. Most importantly, try to eat something for breakfast even if you are not hungry. This is the meal that triggers your body to start burning calories for the day and starts the hunger cycle for the rest of the day.
- If you already are in a fitness routine and have changed your diet and still not getting desired weight loss, remember F.I.T.T. principles. Frequency; how often you workout. Intensity; how hard you're exercising. Time; the length of time you work out. Type; are you targeting specific muscles or just focused on groups of muscles. By changing any one of these principles, you should see weight loss begin to occur again.

Hoffman cautions Troopers that may look to 'fad' diets in order to reach their weight loss goals.

"Try to avoid going on diets that drastically change your eating habits. For

instance, the Adkins diet is really low in carbohydrates and because of this, it will make you feel more tired and less inclined to workout," said Hoffman.

The diets that we keep play an integral part in our overall physical fitness. "It is important that all Troopers maintain a healthy diet," says Army Capt. Manuel Rodriguez, commander of Joint Task Force Guantanamo's Headquarters and Headquarters Company.

With stress factoring into most Troopers' lives, Rodriguez warns against letting it control the food choices that we make at the dinner table.

"If you allow stress to dominate your eating habits, this will impact your overall physical readiness," said Rodriguez.

At the end of the day, when all is said and done, there is no magic pill that will make the fat melt off of our bodies. However, we are not without hope. There is still a method that throughout the years has survived numerous assaults from dozens and dozens of diet trends that have come and gone. What is this miraculous weight loss machine you may ask? Look no further than your nearest pen and paper.

"The best way to lose weight and keep it off for good is to start a food journal. Write down what you eat during the day and it makes it easier to keep track of bad eating habits you may have," said Hoffman.

The next time you are in the store and in the market to lose extra pounds, it may prove more beneficial to reach for a pad of paper and a pen instead of the latest and greatest diet product from the shelf. ★

Supporting Troopers in transition

**Navy Petty Officer 1st Class
Katherine Hofman**

JTF Guantanamo Public Affairs

Joint Task Force Guantanamo's own Joint Stress Mitigation and Restoration Team (JSMART) facilitates transitional deployment support to the Troopers deployed to Naval Station Guantanamo Bay and during the Troopers' redeployment home.

Each month, JSMART supports Troopers by facilitating the required Deployment Cycle Support brief (DCS). DCS, a JTF comprehensive integration process, provides Troopers with valuable information to help ensure Troopers and their families are better prepared and sustained throughout the deployment cycle.

Troopers leaving JTF Guantanamo don't always understand the impact and purpose of attending the redeployment briefing before their travel home, but facilitators like Navy Petty Officer 1st Class Joli Barden, a 14-year veteran and seasoned healthcare provider, find the class to be instrumental in the reintegration process. Barden, with three deployment tours to Guantanamo, facilitates the DCS briefing. "I take something new from the class every time," she said.

In addition to JSMART's participation discussing alcohol abuse, operational stress and family relationships, sections of the briefing are conducted by JTF Deployment Cycle Support and the JTF chaplain on the critical topics of domestic abuse and suicide.

"Troopers always get something [out of the brief]," said Barden. "A lot of information is vital and simple but often forgotten."

"[The briefing] was good. It supports our Navy general military training, but it gave more specific information," said Navy Petty Officer 1st Class Michael Johnson, of JTF operational support, who noted that the statistics for domestic violence impacted him.

Facilitators of the DCS briefing agree that often Troopers are in such a rush to have their paperwork signed off and get home that they miss an integral part of their redeployment home, the reintegration process.

Navy Petty Officer 2nd Class Kyle Lafond, a six-year veteran on his second Guantanamo deployment, notes, "Troopers are so focused on going home that they forget about the adjustment time." Lafond continued by saying, "Troopers are reminded not to jump straight back into their life, because it has changed."

Facilitators recognize it is not possible for Troopers to go home and have everything be the same as it was before they deployed. Both Petty Officers Barden and Lafond commented on how "jumping back in" adds stress to the returning home process.

"The process needs to happen naturally," said Navy Cmdr. Scott Johnson, JSMART officer-in-charge. "If not, it could interfere with getting back to your life."

Above all, JSMART encourages Troopers to look out for



Navy Cmdr. Scott Johnston, the officer-in-charge of the Joint Stress Mitigation and Restoration Team, speaks to Troopers who are out processing, Sept. 2.
— JTF Guantanamo photo by Army Pfc. Christopher Vann

themselves and fellow Troopers, get rest and take their time processing the experience of deployment.

Briefings are scheduled twice a month. Future dates for the DCS brief are Sept. 15, Oct. 6, Oct. 20, Nov. 3, Nov. 17, Dec. 1 and Dec. 22. Registration is not required. Exiting Troopers should show up at Troopers' Chapel with their check-out sheets on the first day of training before 8:30 a.m. in the uniform of the day.

Once back stateside from Guantanamo, family members of Troopers and civilians are highly encouraged to attend briefings, training, counseling in the DCS process and family programs.

One tool used for DCS is Military OneSource, a 24-hours-a-day, seven-days-a-week information Web site and telephone referral service. Contact Military OneSource at 1-800-342-9647 (stateside), 1-800-3429-6477 (International), or on the Web at <http://www.militaryonesource.com>.

For more information on Deployment Cycle Support (DCS), go to the U.S. Army Web site: <http://www.armyg1.army.mil/dcs/default.asp>

For management tools, go to the U.S. Navy Leaders Guide for Managing Personnel in Distress: <http://www-nmcphc.med.navy.mil/LGuide/resources.htm>.

For deployment support, visit the DoD Deployment Health Clinical Center: http://www.pdhealth.mil/dcs/pre_deploy.asp. ★

Pottenger praises NEGB Troopers for service

NEGB from 5

day and how phenomenal your success has been,” said Pottenger. “You are constantly in an international media, political and legal spotlight. You carry out your endless shifts, suffer physical assaults, verbal abuse, threats to your safety and physical and emotional health. And how do you respond to this unrelenting pressure, you put on public display the same professionalism you show every day when there aren’t any cameras or news outlets peering over your shoulder or asking you questions. You do the right thing, by the book, without fail.”

She stressed to the Sailors the importance of learning to be better leaders from their experiences here and praised the continued professionalism she has witnessed in visits to the detention facilities.

“Based on my impressions from my visits here and updates that I get from your commander, I draw an unequivocal conclusion that you are some of the finest examples of how to live our Navy Core Values of honor, courage and commitment,” Pottenger said.

Fulgham left his Troopers with words of encouragement for the upcoming months.

“When the books are written, months or years from now, the professionalism of this



Navy Rear Adm. Carol Pottenger congratulates Navy Cmdr. Michael Fulgham, who was awarded the Meritorious Service Medal for his service as the commander of the Navy Expeditionary Guard Battalion. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens

task force and everyone associated with it will be the underpinning of every chapter,” Fulgham said. “It will be your stories that will make the nation proud of having the great honor and privilege of having you serve them.”

The incoming commander took the

opportunity to impart his advice and expectations of his Troopers in the coming months.

“Let honor and integrity be the basis for what you do every day,” said Hess. “Because if you do things honorably, you will succeed.” 🇺🇸

ACE Suicide Intervention

Ask your buddy

Have the courage to ask the question, but stay calm. Ask the question directly, “Are you thinking of killing yourself?”

Care for your buddy

Remove any means that could be used for self-injury. Calmly control the situation; do not use force. Actively listen to produce relief.

Escort your buddy

Never leave your buddy alone. Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

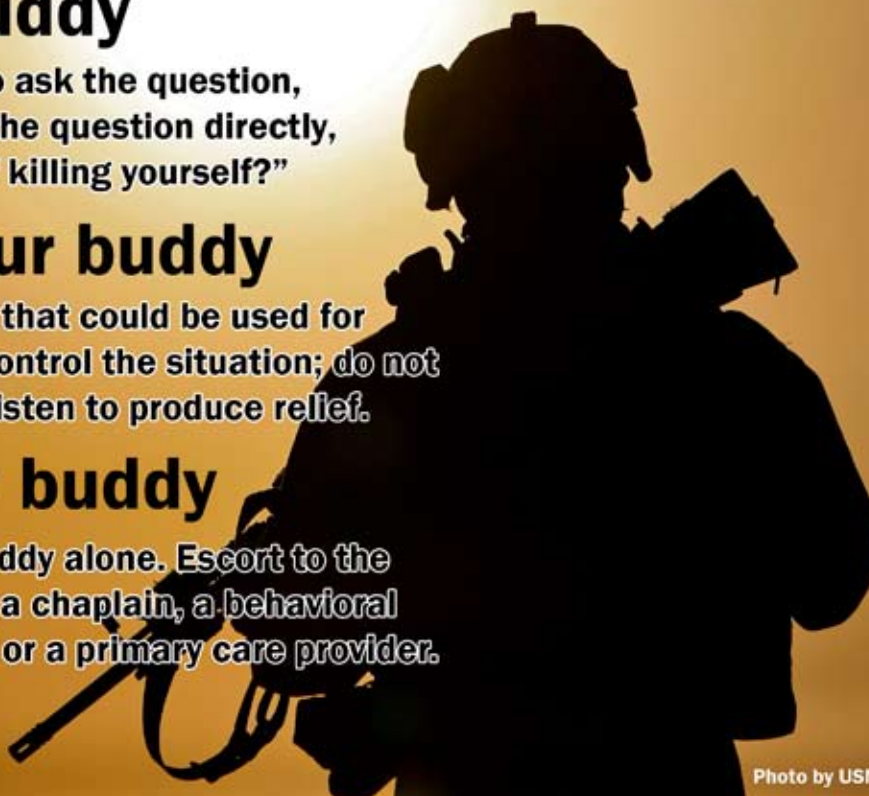


Photo by USMC Sgt. Jason Fudge



Keeping GTMO clean, one bus stop at a time

Army Sgt. 1st Class Tomas Carreras, Army Master Sgt. Orlando Negron, Army Sgt. 1st Class Guillermo Santiago and Army Sgt. 1st Class Luis Perez, all members of the Puerto Rico Army National Guard, participated in a volunteer clean-up project, Aug. 29. The Troopers cleaned up a bus stop outside Tierra Kay housing on Naval Station Guantanamo Bay. Firefighters from the Naval Station Guantanamo Bay station No. 4 provided assistance with their hoses. – JTF Guantanamo photo by Army Staff Sgt. Blair Heusdens

Boots on the Ground

by Army Sgt. Andrew Hillegass

Who do you think is going to win the Super Bowl this year?

Army Sgt. 1st Class
Robert Archer



"Carolina, baby! Two words... Steve Smith!"

Coast Guard Petty Officer
2nd Class Dylan Ehlers



"Definatly the Giants."

Air Force Tech Sgt.
Johnny Williams



"Minnesota, because they have Brett Favre."

Air Force Airman 1st Class
Ryan Pinno



"The Giants. Their defense is back from injury."



How to deploy

**Navy Lt. Cmdr.
Lee Helwig**
NEGB Chaplain

A demanding mission, such as the one to which we have been deployed at Joint Task Force Guantanamo, requires we arrive prepared, continuously train and remain ready to successfully meet the responsibilities in support of detainee operations which are placed upon us. Yet we are human beings with physical, emotional and spiritual requirements which we need to balance in order to be successful in whatever we are called to do. That elusive success shall only come when we utilize all the resources at our disposal to meet, complete and fulfill all of our professional and individual needs. Our professional military training can only meet part of our need. Our personal spiritual preparation can help us complete our needs. Together, both are essential if we are to accomplish what we need to do in our lives. Today we are deployed to meet this particular mission. Future deployments will be to other missions. Deployment success depends on how we deploy. We can experience deployment success if we realize that we need to:

Depend on God

“Lord, Frail is our vessel, and the oceans are wide; but as in your mercy you have set our course. So steer the vessel of our life towards the everlasting shore of peace, and bring us at length to the quiet haven of our heart’s desire, where You, O God, are blessed, and live and reign forever and ever. Amen.” – **Saint Augustine**

Encourage Others

“We live in a discouraging world full of people who put us down. What bright lights we can be when we say the simple words, ‘I have confidence in you!’” – **Florence Littauer**

Pray

“Prayer feeds the soul – as blood is to the body, prayer is to the soul – and it brings you closer to God. It also gives you a clean and pure heart. Prayer makes the heart large enough until it can contain God’s gift of Himself.” – **Mother Theresa**

Lean on Others

“You are better off to have a friend than to be all alone, because then you will get more enjoyment out of what you earn. If you fall, your friend can help you up. But if you fall without having a friend nearby, you are really in trouble!” – **Ecclesiastes**

Offer Support

“When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.” – **Henri Nouwen**

You are not alone.

“Voyager soul on the sea of life, O’er waves of sorrow and sin and strife, When fogs bewilder and foes betray, Steer straight on your course from day to day; Though unseen currents run deep and swift. Where rocks are hidden and sandbars shift, all helpless and aimless, you need not drift.” – **Annie Johnson Flint** ☆

JTF CHAPEL SCHEDULED PROGRAMS

Catholic Mass
Sunday - Friday:
6:30 a.m. Mass

Spanish Catholic Mass
Sunday: 5 p.m.
at NAVSTA Chapel

Protestant Worship
Sunday: 9 a.m.

Spanish Protestant
Worship
Sunday: 11 a.m.

Bible Study
Sunday: 6 p.m.
Wednesday: 7 p.m.

The “weigh” he was

■ Camp America commandant loses more than 50 pounds with help from friends



Army Sgt. 1st Class Danny Carreras, Sgt. 1st Class Guillermo Santiago and Master Sgt. Orlando Negron of Headquarters and Headquarters Company of 525th Military Police Battalion, walk as part of a daily exercise routine to promote health and lose weight. – JTF Guantanamo photo by Army Spc. David McLean

Army Spc. David W. McLean

JTF Guantanamo Public Affairs

Before coming to Joint Task Force Guantanamo, Army Sgt. 1st Class Guillermo Santiago wanted to lose weight. At more than 300 pounds, the Camp America commandant had to get within body mass index tolerances to be deployed to Naval Station Guantanamo Bay with Headquarters and Headquarters Company of the 525th Military Police Battalion. With a change in his diet and exercise habits, he has been able to shed 50 pounds and presses forward to lose even more weight.

Santiago said his weight loss was spurred by a desire to promote up the ranks and a hard look at the model of leadership he presents.

“I’m a senior non-commissioned officer and we are supposed to lead by example,” Santiago said. “How are you going to provide leadership to young Troopers when you can’t be the example of the standards? I felt bad about myself and it wasn’t easy talking to people. Requesting my Troopers to take the Army Physical Fitness Test and look professional in their uniform was difficult when I was the example.”

Now, Santiago is becoming a better example – by dropping two uniform sizes and increasing his exercise routine. He

doesn’t credit his success to himself, but says support from his command and close friends has helped him succeed.

“He wanted to go to a school,” said Army Capt. Manuel Rodriguez, the HHC commander. “He had to get down to the Army body mass index standard of 26 percent. He picked up the pace and he did it. I talked to him, gave him tips, but I take my hat off to [Master Sgt. Orlando] Negron for being there with him the whole time.”

Army Master Sgt. Orlando Negron, non-commissioned officer-in-charge of operations rotations for HHC, said he invited Santiago to be an exercise partner and has not left his side in the process. He said his role is to offer advice and support for Santiago and push him to meet his goals.

“Santiago wanted to lose weight and pass his APFT,” Negron said. “I try to motivate him by telling him to imagine reaching his regulation weight, how proud his wife will be of him and how good his uniform will look on him. He just needs the motivation from outside.”

Santiago, Negron and others have been walking increasing distances daily, participating in team sports and working out in the gym to increase strength.

“At first, they were short walks of about two to three miles,” Santiago said. “Now

I can walk up to 12 miles. I use some of the free weights and the Nautilus machines too. I am running again up to one mile at my own pace, I do a little swimming and play basketball with the guys.”

The exercise has only been one part of the equation for Santiago, as he needs to control what and how much he eats.

“In my Puerto Rican heritage, we fry a lot of food and eat many sweets,” Santiago said. “I had to modify my eating habits. Now I’m eating a lot of salad, white meats and I cut out the desserts. Before, I used to eat two plates of rice and beans and now I have to watch myself.”

Santiago said his diet and exercise plan will continue to be a part of his life so he can accomplish his mission here, and anywhere he is sent in the world.

“Our mission with the War on Terror has shifted from Iraq to Afghanistan,” Santiago said. “Leaders from all levels – and their Troopers – need to be in good physical condition. It is not an easy place to conduct operations, so it is important for the Troops to keep the highest level of physical readiness that they can.”

As he sweats away more pounds in his quest to become a more fit Soldier, Santiago said he is looking forward to going home to Puerto Rico in a few months. The only thing he will leave behind is his old, oversized uniforms. ★

Army Sgt. Manuel Correa, a laundry specialist with the Puerto Rico Army National Guard, unloads a shipment of fresh linen, Sept. 2. - JTF Guantanamo photo by Army Pfc. Christopher Vann



Around the



JTF



Army Spc. Henry Holcomber, with the 189th Military Police Company, hands off a refrigerator to Army Pfc. Johnny Thaxton while moving the company's office equipment to a new location, Sept. 2. - JTF Guantanamo photo by Army Pfc. Christopher Vann



Navy Lt. j.g. Connie Maker is promoted to lieutenant at Camp Delta, Sept. 1. - JTF Guantanamo photo by Army Spc. Tiffany Addair